

## FITNESS CALENDAR REQUIREMENTS

**Record on Fitness Calendars at least 3 X a week  
(cannot include PE)**

**Record what you did**

**Record how long you did the activity**

**a total of 20 min or more is re-  
quired)**

**Record the fitness element code**

**(C, UB, AB, F) see description  
below**

### Fitness Codes

**C = Cardiovascular (healthy  
heart)**

**UB = Upper Body Strength (arms/shoulders)**

**AB = Abdominal Strength (stomach)**

**F = Flexibility (stretch, reach, twist/turn)**

### BOTH SIGNATURES REQUIRED

Parent

**PARENT SIGNATURE**

Student

**STUDENT's SIGNATURE**

**in students s handwriting**

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

**Please give to PE Teacher ON or BEFORE  
Friday, December 6th**

Example

Thu

Basketball  
Game  
90 min.  
C & F

# NOVEMBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>K-2nd students</b> can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar.					1	2
3	4	5	6	7	8  Oct. Fitness Calendar Due	9
10	11  Veteran's Day No School	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27  1/2 Day	28   Thanksgiving	29  No School	30  

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Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE

Friday, January 10th

Example

Thu

Gymnastics  
60 min.  
C, UB, AB, F



# DECEMBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School
29	30	31	<b>K-2nd students</b> can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar.			
	Winter Break No School	Winter Break No School				

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Example

Thu

Sledding  
20 min.  
C & UB

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Student

STUDENT's SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE  
Friday, February 7th

# JANUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>K-2nd students</b> can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar.			1  Winter Break No School	2  Winter Break No School	3  Winter Break No School	4
5	6	7	8	9	10  Dec. Fitness Calendar Due	11
12	13	14	15	16	17	18
19	20  MLK Day No School 	21	22	23	24	25
26	27	28  Conferences 1/2 Day	29	30  Conferences 1/2 Day	31  Conferences 1/2 Day	

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**PARENT SIGNATURE**

Student

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in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

**Please give to PE Teacher ON or BEFORE  
Friday, March 6th**

Example

Thu

Snowboard &  
Skiing  
120 min.  
C, AB, UB, F

# FEBRUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>K-2nd students</b> can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours.  <u>All students &amp; parents should sign their name</u> on the left of this calendar.						I
2	3	4	5	6	7	8
9	10	11	12	13	14	15
				Mid Winter Break No School	Mid Winter Break No School	
16	17	18	19	20	21	22
	President's Day No School					
23	24	25	26	27	28	29



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Parent

### PARENT SIGNATURE

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Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE  
Friday, April 3rd

Example

Thu

Weed the  
garden  
30 min.  
C, AB, UB, F



# MARCH 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><b>K-2nd students</b> can fill out the calendar with assistance from parents, &amp; if necessary, dictate to their parents while the parent fills in the calendar.  <b>3rd-5th students</b> are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar.</p>			



St. Patricks Day

LEAP Day  
No School

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Parent

**PARENT SIGNATURE**

Student

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Regular Classroom Teacher

Please print the name of student's Classroom Teacher

**Please give to PE Teacher ON or BEFORE**  
**Friday, May 8th**

Example

Thu

Mowed Lawn  
45 min.  
C & UB



# APRIL 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>K-2nd students</b> can fill out the calendar with assistance from parents, & if necessary parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar.			1	2	3	4
5	6 Spring Break No School	7 Spring Break No School	8 Spring Break No School	9 Spring Break No School	10 Spring Break No School	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		